

Monday:

B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S) ***I like to add a scoop of [Integral collagen](#) to my tea, but it isn't necessary for success on THM, just some good extra protein and nutrients.

L - leftover Wicked White Chili with water to drink (E) ***This is from [last week's meal plan](#) so the ingredients are NOT listed on this week's shopping list.

S - (2) Peanut Butter Cups with [Tropical Dreams Cider Pop](#) to drink (S)

D - Taco Salad – [ground beef](#) over lettuce and topped with cheddar cheese, salsa and sour cream (S)

Tuesday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E) ***I like to add a scoop of [Integral collagen](#) to my tea, but it isn't necessary for success on THM, just some good extra protein and nutrients.

L - large salad topped with (2) hard-boiled eggs and Ranch dressing with water to drink (S)

S - (2) leftover Peanut Butter Cups with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Lentil Soup for the Soul](#) with water to drink (E)

Wednesday:

B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover Lentil Soup for the Soul with water to drink (E)

S - (2) leftover Peanut Butter Cups with [Tropical Dreams Cider Pop](#) to drink (S)

D - Chicken Fried Double Rice with water to drink (E) pg. 53 in [Trim Healthy Table](#)

Thursday:

B - [Thin Mint Shake](#) (S)

L - leftover Chicken Fried Double Rice with water to drink (E)

S - (2) leftover Peanut Butter Cups with [Tropical Dreams Cider Pop](#) to drink (S)

D - [Creamy Taco Soup](#) with water to drink(S)

Friday:

B - 1/2 c. old fashioned oats mixed with 1 teaspoon [Swerve Brown Sweetener](#), a diced apple and cinnamon with [Peppermint tea](#) to drink (E)

L - [Sriracha Egg Salad](#) with fresh veggies on the side and water to drink (S) ***I'm making a triple batch of this recipe.

S - [Snickers's Hot Chocolate](#) (S)

D - Spaghetti with meat sauce over cauli rice with a side salad and water to drink (S)

Saturday:

B - [Reese Peanut Butter Cup Shake](#) (S)

L - out to eat

S - Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP) pg. 374 in [THM Cookbook](#) ***I'm making a double batch of this and will freeze half for tomorrow's snack. Take it out of the freezer about 5-10 minutes before you want to eat it.

D - [Fathead Pizza](#) with [Grape Zevia](#) to drink (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Sunday:

B - (2) fried eggs cooked in coconut oil with (2) sausage links on the side and [Sweet & Spicy tea](#) to drink (S)

L - leftover Fathead pizza and fresh veggies with water to drink (S)

S - leftover Cottage Berry Whip with [Tropical Dreams Cider Pop](#) to drink (FP)

D - Black Pepper Chicken over brown rice with water to drink (E) pg. 68 in [Trim Healthy Table](#)